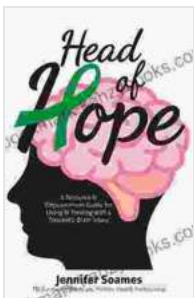


# Unveiling the Resource Empowerment Guide: A Beacon of Hope for Thriving with Traumatic Brain Injury

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Traumatic brain injury (TBI) is a life-altering event that can leave individuals struggling with a myriad of physical, cognitive, and emotional challenges. Navigating the complex landscape of recovery and rehabilitation can be overwhelming, but the Resource Empowerment Guide offers a lifeline of hope and support.



## Head of Hope: A Resource & Empowerment Guide for Living & Thriving with a Traumatic Brain Injury

by Jennifer Soames

★★★★★ 5 out of 5

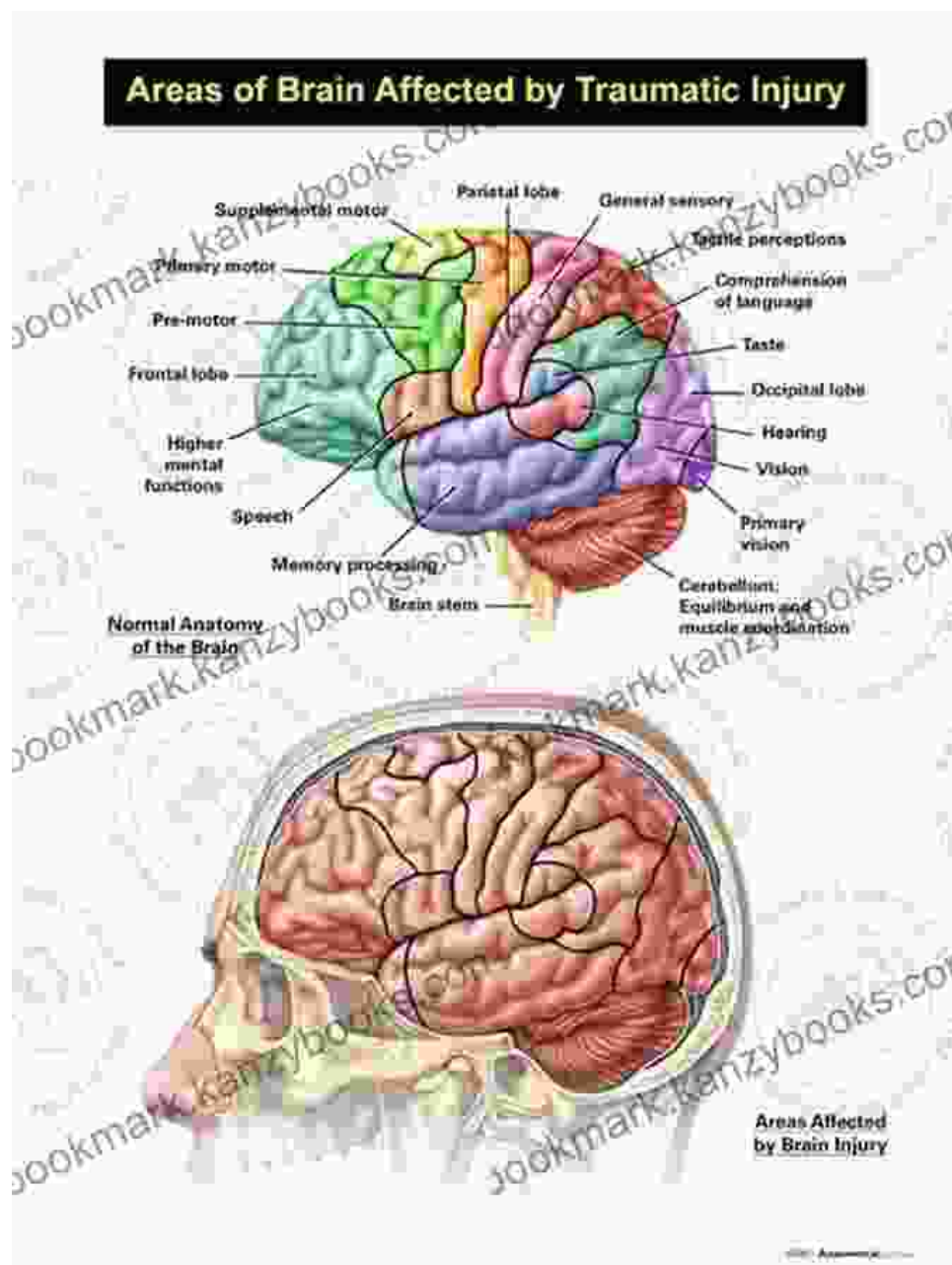
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### Chapter 1: Understanding TBI and Its Impact

This chapter provides an in-depth overview of TBI, its causes, symptoms, and potential long-term effects. It empowers individuals to understand their

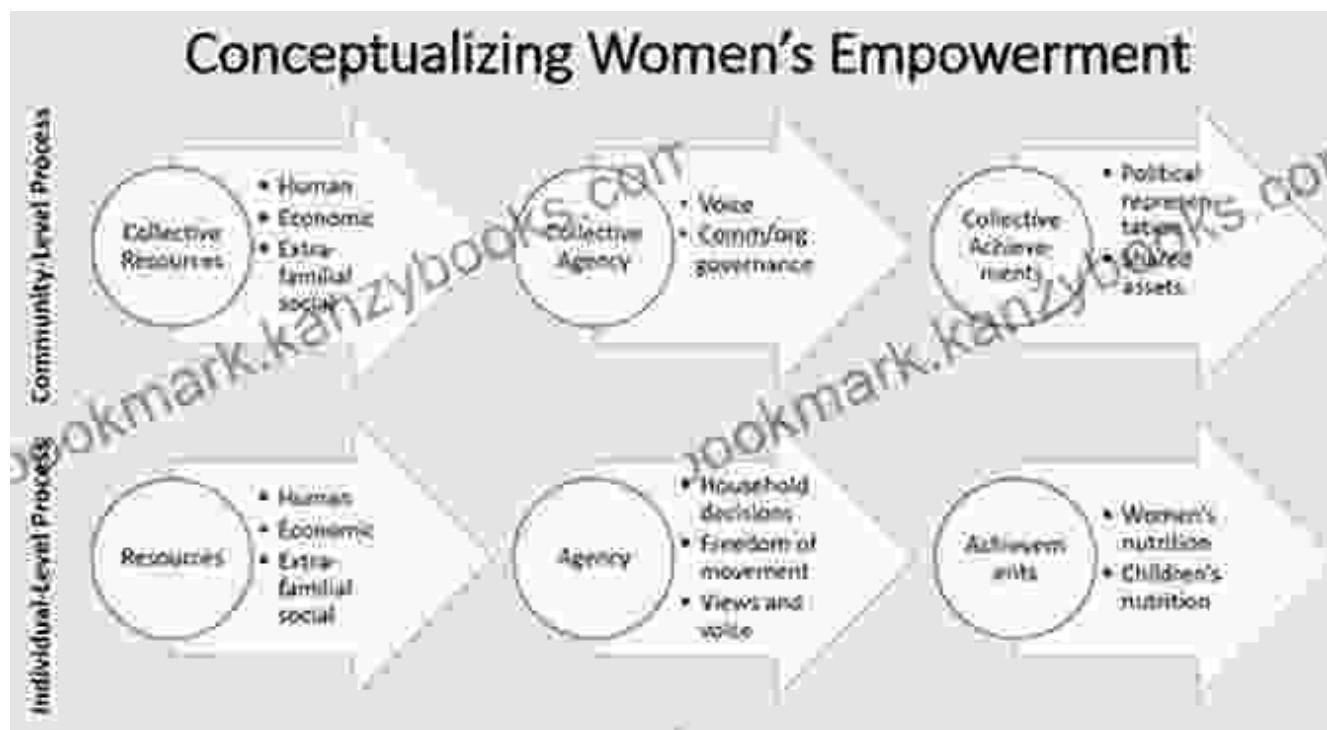
injury and its potential consequences, enabling them to make informed decisions about their recovery journey.



## Chapter 2: The Empowerment Framework

The guide introduces a transformative empowerment framework that shifts the focus from limitations to possibilities. It emphasizes the importance of

self-advocacy, goal setting, and seeking support to maximize recovery outcomes.



### Chapter 3: Comprehensive Resource Directory

The guide features an extensive resource directory that connects individuals with essential services, organizations, and professionals specializing in TBI. From medical care to housing assistance to financial support, this chapter provides a wealth of information to meet diverse needs.

COMMUNITY 81102

### Community Resources Directory for <CCC program name>

**Instructions for use:** Use the table below as a starting list of many of the most common community resources. Begin to identify those in the community that are most likely needed given the nature of patients being served by the CCC program. Add lines if more than one organization provides the type of services described. Split rows for specialized service organizations.

Type of Community Resource	Priority H.M.A.	Name of Organization(s)
Adult day care services		
Aging services—local agency providing senior centers, transportation assistance, meal programs, information on Medicare help, etc.		
Alcoholics Anonymous		
Alert services—personal response for emergency services, usually residential		
Assisted living facilities		
Crisis hot line		
Exercise/physical activity services		
Food pantries		
Health education—organizations that provide classes for those living with specific health conditions, health or computer literacy, or guidance on using social media & apps		
Homeship shelters		
Homebased services		
Mealtime services for those in homes or WIC sites		
Paratransit services		
Respite care		
Personal care services—meal preparation, housekeeping, bathing and grooming, shopping, financial assistance		
Public health services		
Respite care		
Social services—organizations that address psychosocial needs, funeral services, welfare, protective services, etc.		
Support groups or seminars—includes applicable special needs sites		
Tobacco cessation services		
Transportation services—for in-home patients, transport within physician offices/clinics, other		
Weight management services		
Other (Specify):		
Other (Specify):		

(Use next page for computer to provide details about each directory entry.)

Section 4.2.1 Implement Community Resources Directory Template

## Chapter 4: Strategies for Success

This chapter offers practical strategies and techniques to help individuals navigate the challenges of living with TBI. It covers topics such as cognitive rehabilitation, emotional regulation, pain management, and community reintegration.



## Chapter 5: Thriving Beyond TBI

The final chapter empowers individuals to envision a life beyond the challenges of TBI. It explores the potential for growth, resilience, and personal fulfillment. Case studies and inspiring stories demonstrate the transformative power of hope and determination.

# Demystifying brain injury

## WHAT IS IT?

Traumatic brain injury (known as TBI) results from a violent blow, fall, or jolt to the head, or an object that penetrates brain tissue. Brain injury is unpredictable in its consequences and impacts everyone differently.

## WHAT HAPPENS IN A BRAIN INJURY?

48% of all TBI's are caused by falls and 24% are caused by motor vehicle accidents. This infographic shows the most common causes and impacts of brain injury.

Anterior (front) lobe of the brain controls personality, planning, and problem solving.



Posterior (back) lobe of the brain controls vision, hearing, and balance.



## REAL PEOPLE. REAL INJURIES.

### BRAIN INJURY IS:

As invisible as you, and often there's nothing you or your loved ones can do about it. That's why it's so important to know what's going on in your head.



### LIFE-CHANGING COST

100% every second we spend on our lives is spent on our brains. That's why it's so important to know what's going on in your head.

## TREATMENT

After a traumatic brain injury (TBI), the brain needs time to heal. Treatment is essential to help the brain recover and to prevent further injury. Treatment options include:

- Medication to reduce swelling and pain
- Surgery to remove blood clots or damaged tissue
- Physical therapy to improve strength and balance
- Occupational therapy to improve daily living skills
- Speech therapy to improve communication
- Cognitive behavioral therapy to improve mood and coping skills



## FAST FACTS

**1.5 million**

people sustain a brain injury each year.

**5.3 million**

men, women, and children are currently recovering from or living with a TBI in the U.S.

### Most common causes:

1. AUTOMOBILE ACCIDENTS
2. VIOLENCE
3. FALLS

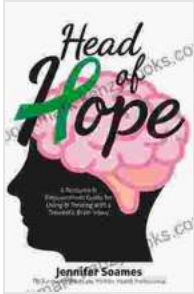


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The Resource Empowerment Guide For Living Thriving With Traumatic Brain Injury is an indispensable companion for individuals navigating the journey of recovery and rehabilitation. Its comprehensive content, empowering framework, and wealth of resources provide a roadmap for achieving optimal well-being and living life to the fullest.



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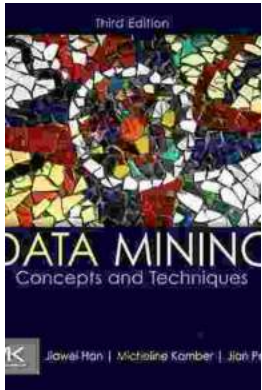
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